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VALLEY Star

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Volume 51, Issue 5 | LOS ANGELES VALLEY COLLEGE | Friday, April 3, 1998

Campus Scene

ASU ELECTIONS

The deadline to pick up applications to run for office is April 3.

Applications are available in campus center 100A. All positions are open . A candidate forum will be held on April 13 in Monarch Square from 11 a.m to noon.

The guest speaker will be councilman Joel Wachs. Elections will be on April 14 and 15 in Monarch Hall.

DEAN'S RECEPTION

The Dean's reception will be held on April 15 at 2 p.m. in Monarch Hall. It is being sponsored by TAE.

DONATE FLOWERS

The Campus beautification program is in need of being reinstated.

Donations of flowers or money to beautify the bare areas around campus are being requested.

For more information contact Mary Ann Breckell in the Administration Building.

TAE HONOR SOCIETY

TAE (Tau Alpha Epsilon), Valley College's Honor Society is open to students who have maintained a GPA of 3.3 or higher. Meetings are every Monday at 1:30 p.m. and 5:30 p.m. in the Campus Center, room 202.

Benefits include wearing an honor cord at graduation and receiving a certificate of completion.

An event at Skateland in Northridge will also be held through TAE. All students who are interested in a night of roller skating, April 5, from 7-10 p.m. are invited.

PAUL ROBESON-CENTENNIAL

Valley College will be conducting the Paul Robeson Centennial on Wed. April 8 beginning at 9 a.m. in Monarch Hall.

Robeson was an activist, artist, athlete and family man. All events are free, excluding lunch.

Students spring into CA poppy preserve

By ALEXIS SCALICE
and CHRIS M. ALLPORT
STAR REPORTERS

In the spirit of the spring equinox, the members of the Los Angeles Geographical Society captured nature's beauty last Saturday on their annual trip to the wildflowers.

Accompanying LAGS members were students from Valley, Glendale and Santa Monica Community Colleges, who all met at 7:45 a.m. ready to view the California State Poppy Preserve in Antelope Valley.

> ***"Nature is so beautiful. It is surprising that something like this exists."***
> **—Elva Rojas**
> **Student**

The first stop on the approximate 200 mile round trip expedition was Vasquez Rocks. After driving through muddy and rock covered roads, students were given the opportunity to climb up the gigantic rocks which seemed to touch the sky.

The weather conditions unfortunately made the trip more challenging and limited. However the increasing rain and cold conditions formed hail, a sight most Los Angeles county residents are not accustomed to seeing.

Black Bird Park was the next stop where SR 71's from the United States Air Force were displayed. Students let their hands slide across the bodies of the country's most expensive planes to operate, according to Richard Raskoff, Head of the Valley College Geography department. Raskoff said the SR71's are the highest flying and fastest planes, reaching speeds of 2200 miles an hour and an elevation of 85,000 feet.

"The faster you take it, the faster it wants to go," he said. "That puppy flies."

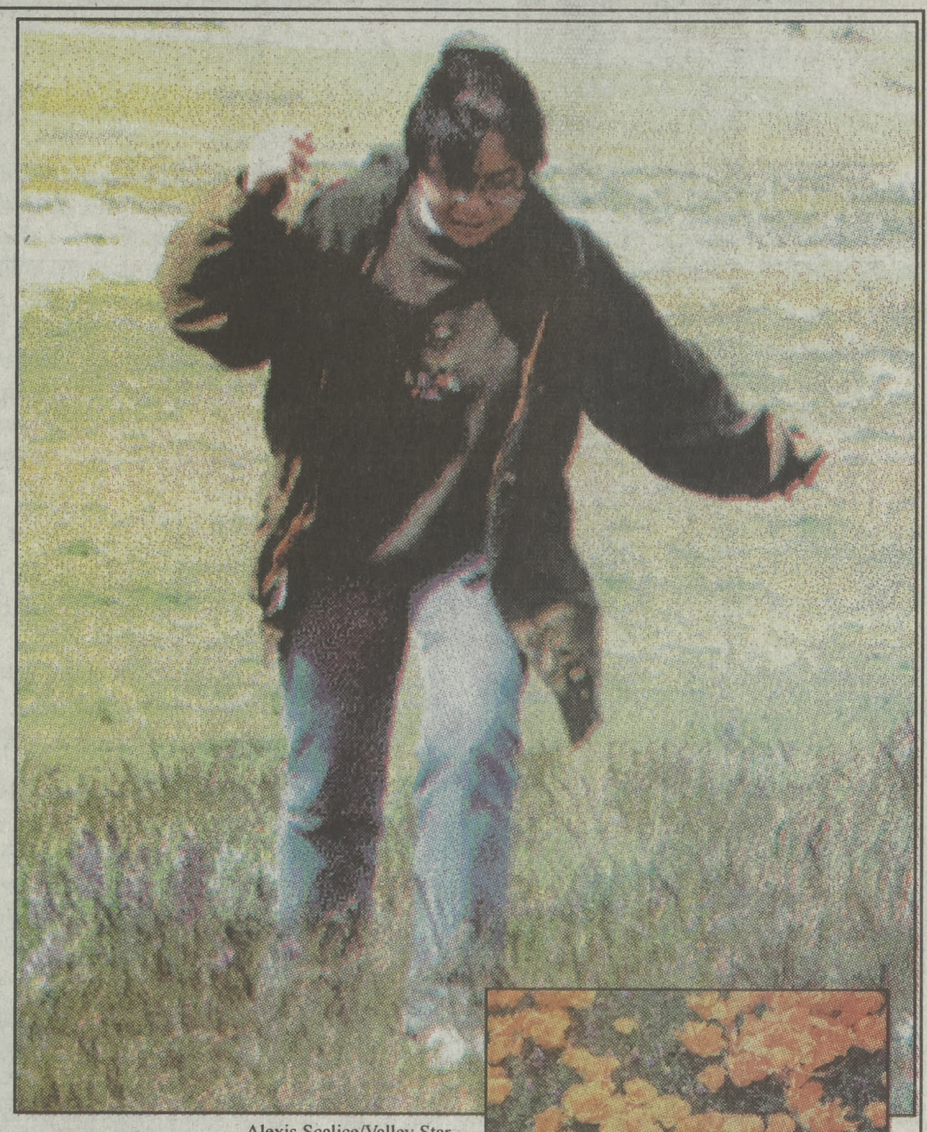
The Devil's Punch Bowl was scheduled to be the next destination, however snow conditions created to many obstacles for this area to be visited.

"The snow was at 2,000 feet and it would have been too dangerous," Raskoff said. "It is important to be safety conscious."

When the bus eventually turned the corner that entered into hills covered in orange and purple poppies, LAGS members were ready and waiting to scurry through the fields. The colors were not so vibrant because many of the poppies were not fully opened because of the cold front.

"It was disappointing that the poppies were closed because the temperature was so cold," said Raskoff.

Chris Allport/Valley Star
LAGS members join together to snap a memory of their field day at the Poppy preserve.



Alexis Scalice/Valley Star
Lincy Chan skipped uphill through the purple wildflowers into the golden poppies.

However, despite these dilemmas, students still found this area to be an amazing sight worthy of the blowing winds they faced while climbing up the steep hills.

As her hair continued to blow into her face, Elva Rojas exclaimed how nature is so beautiful!

"It is surprising that something like this still exists when all you usually see nowadays is skyscrapers," Rojas said.

In 1978 Antelope Valley Poppy Preservation was established. According to Park Ranger Eilif Anderson, this area is known throughout the world. The best time to visit is between mid-March and mid-May.

This year the turn-out among the poppy fields was ranked the fourth best blooming season ever.

"Every year is different," said Anderson. "It depends on the freeze in the rain to determine how well the growth is."

Anderson said 10 inches is a sufficient amount of rain to have a decent growth and blooming period. This year 20 inches of rain was recorded, which was a little too much.

Kathy Lustig/Valley Star
California poppies shot a week earlier.

The excess rain and roaring winds resulted in the poppies being choked out from the Spanish fillary which produces more rapidly during these types of weather conditions Anderson said.

"This is all at Mother Nature's whim, whatever she decides to do, goes," he said.

Due to the uncommon sight of poppies, visitors have a tendency to break the rules and attempt to "pick" many souvenirs. Anderson said that the park has problems with people picking poppies all the time. There is a $500 fine attached to this offense when caught in action.

"The only place anyone can pick a poppy is in their own backyard," he said.

Anderson, however, has no need to collect poppies seeing that he lives in a motor home situated beneath these flowing poppy fields.

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A tisket a tasket, ASU makes Easter baskets

By NANCY BARAHONA
STAR REPORTER

Easter Buckets, a visit from the Easter bunny, face and finger painting, musical chairs, cookie decorating, an Easter egg hunt, and a game of Let's Pretend are all a part of the Spring Celebration which will be held at Valley College.

The Spring Celebration will be held at Monarch Square on April 9, from noon to 2 p.m.

There will be no charge and is intended for children 9 years of age or younger, according to Norma Hans, treasurer of the Associated Student Union.

"It's being done to celebrate spring for the community and to have a good time," said Hans. "Valley College needs to be part of the community- not just a college."

The Easter Buckets are being sold throughout campus and in the ASU office located in Campus Center 102.

The buckets which include: a paddle ball, a container of bubbles, a stuffed bunny, a visor, a whistle, a pinwheel, and candy will sell for $10. There are 100 buckets available.

Jami Zabner/Valley Star
ASU baskets are $10 a piece.

"We've been shopping around and comparing (prices) we found you get more for your money with our buckets," said Hans. "It's also a convenience for parents on campus."

The Spring Celebration is being sponsored by a committee from ASU.

Valley College clubs which will participate in the event are the Administration of Justice, Black Student Union, Hillel, Jewish Student League, Phi Theta Kappa, Tau Alpha Epsilon, and the Valley Collegiate Players.

Gang violence hits Valley

■ DANGER ZONE: Gang violence carries over into Valley college parking lot over spring break vacation.

By JULIO CORTEZ
STAR REPORTER

Members of the Los Angeles Police Department and the Valley College campus police teamed up to handle gang violence at Valley College over spring break on March 26.

According to LAPD officer, Henry Miller, there was a group of rival gang members who had a confrontation in parking lot B after an argument which erupted in an apartment complex across the street on Oxnard Street.

Police officers arrived at the scene seconds after Danny Carr, who witnessed the confrontation from his apartment, called them.

"There were about eight of them," Carr said. Carr became aware of the incident after his wife witnessed shoving and tossing in front of their apartment, he said. "They had knives and one had a crutch."

Three of the suspects, who are all minors, where taken into custody while one was taken to a nearby hospital with head injuries and cuts.

Police officers also have a screwdriver and a crutch in their possession.

"[rival gang members] came to our house," said the younger brother and cousin of two of the suspects in custody. "They wanted to fight with my brother and my cousin."

Though there were a large number of police cars and a helicopter, the rest of the suspects were able to get away.

Valley College Campus Police Officers Spence Gosenson and Gail Tam assisted LAPD officers with the capture of the suspects and the investigation.

Adam Posner/Valley Star
The identity of this minor could not be released by the police.

Adam Posner/Valley Star
LAPD arrest a gang member in lot B at Valley after an intense search.

ASU celebrates Wieder's honor

By JULIO CORTEZ
STAR REPORTER

The Associated Student Union celebrated Valley President Tyree Wieder's Woman of the Year award from the 40th district in a reception held in the fireside room yesterday.

Wieder's celebration included food and drinks paid by the ASU, a video of when she received the award, a dozen red roses given to her from the ASU, and Leon Marzillier and Norma Hans each gave a speech on her accomplishment.

Tyree Wieder

"I knew the ASU was planning something for me," Wieder said to those in attendance. "I didn't know it was this big."

"She's a big influence," said Hans, who filled in for ASU president, Lorenzo Trujillo, who was unable to give a speech because of a family inconvenience.

"Not a lot of people get nominated as woman of the year," said Dean of Student Affairs, Yasmin Delahoussaye.

Wieder was honored on the floor of the Assembly in Sacramento on March 16 after being nominated for this honor by Assembly member Robert M. Hertzberg.

"She's a phenomenal person," said Stuart Waldman, field representative of the 40th district. "She really understands there is a responsibility of serving the community."

Waldman gave a speech in behalf of Assembly member Hertzberg who is on a business trip to San Francisco.

"I was very surprised when Assembly member Hertzberg called me," Wieder said. "I was obviously pleased that he recognized the work I did in the community."

Wieder is part of many organizations which focus on education and work force preparedness.

In her two years as president of Valley College, Wieder has been trying to get the campus to work together with businesses in the San Fernando Valley in order for students to get part time jobs and get the experience they will use in their future workplaces.

She is in the Economic Alliance of the San Fernando Valley and the Mid-Valley Chamber of Commerce which focus on goals similar to Wieder's.

In his speech, Marzillier, who has been working at Valley College since 1971, under four different presidents, said Wieder was his favorite president.

"It is a well deserved honor," Tyree's husband, Les, said.

Wieder said she, her husband and daughter, who attends Moorpark College will take their spring break vacation next week when Moorpark has spring break.

They will be traveling to New York City for the break.

Baby shower for a Valley romance

By JULIO CORTEZ
STAR REPORTER

Valley College Admissions Office workers celebrated the pregnancy of a married couple, who met each other while studying at Valley College and currently work in the college's offices, with a baby shower on March 20.

Assistant to Dean of Students, Myriam Mekelburg, who is in her fifth year of being a Valley College employee, is expecting her first child with husband, Scott, who has been working in the academics affair office at Valley College for a year and half.

Those in attendance were delighted with cake, soda and ice cream.

"This is a good way to improve the morale of the office," Admission Supervisor, Margaret Redmon, said. "It's one of many ways to bring the staff together."

Along with working at Valley College, the Mekelburg's also attend California State University in Northridge, where they will be graduating on May 25, when they expect the baby to be born.

Myriam said she expects a baby girl, who along with Scott, plans to name Megan.

"It shouldn't be a conflict [with graduation]" Scott, who will be graduating with a bachelors degree in business, said. "With any luck, it should be fine."

Along with the input by admissions office workers, other departments contributed with group gifts.

"It's great that so many people cooperated," said Myriam, who will be graduating with a masters degree in Sociology.

"I love Myriam dearly, she's a good friend," Admissions Office Worker, Robin Desanctis said, who along with Redmon and Chia Yeh were in charge of the preparations.

Though baby showers are intended for women only, the opposite sex was represented at the celebration.

"I'm here because everybody knows Myriam and I," Scott said. "I appreciate their support of our future family."

Malik Rahsaan/Valley Star

Myriam Mekelburg shows off one the gifts she received at the shower.

Funds frozen for speech team trip

By REBEKAH FOWLER
STAR REPORTER

The Los Angeles Community College District froze all non-faculty funds, cutting Valley's Speech and Debate Team from the 1998 Phi Rho National Championship Tournament.

"Our options were not to go, that 's just unacceptable. We are currently trying to raise money for the trip," said Yancy Duncan, Director of Forensics at Valley College.

"I wrote a letter asking for donations and the students are also trying to raise money. We are getting a good response and we are moving forward as if we will have all the money."

The students are dedicated to trying to pay their own way, two students raised over $1100 each.

The National Tournament will be held in Atlanta, from April 5 - 11.

"The problem is that we were told less than six weeks before the tournament that we did not have funding, said Duncan.

> ***"Something like this happened to us once before and it cost us the speech program"***
> **—Marty Taras**
> **Faculty**

"Reservations for the Atlanta trip were made prior to getting the bad news," he said.

"I spoke to President Tyree Wieder, she said all requests for funds were rejected, the District froze all non-faculty expenditures," Duncan said.

"This is deeply disturbing to me and the students because they worked all year long for this tournament."

"Something like this happened to us once before and it cost us the Speech Program here at Valley, said Marty Taras, part-time faculty at Valley.

"The Speech Program was later reinstated because of its importance."

Taras continued, "We know the importance of scholarships and grants to the students as well as to the college, and Nationals is a big part of that."

Speech Major Jason Baumwirt said, "If we don't go to the nationals it ruins my chances of getting a scholarship and that will limit my chances of transferring to a four-year college."

For students and faculty interested in helping the Speech Team make their trip to Nationals, contributions are tax-deductible.

"The most important thing from an educational standpoint is the needs of the students," said Valley student Tanya Gallardo.

"By overlooking us and taking our chances to go to Nationals, they are depriving us of the chance at a higher education, and that is not fair."

Students go to Washington D.C.

■NATIONS CAPITAL: Associated Student Union Members Stefano Bloch and Coleen Flynn represented Valley College in Washington D.C.

By NANCY BARAHONA
STAR REPORTER

Associated Student Union members Stefano Bloch, commissioner of public relations and Colleen Flynn, commissioner of political affairs attended the American Student Association of Community College conference in Washington D.C.

The conference was on March 7 - 10. Along with them went the Vice Dean of Student Affairs, Ronald Reis.

"I learned that in California the community college district is underdeveloped," said Bloch. "In other states other colleges have dorms, two-story libraries, and access to the internet. They pay more but they get more."

For example, the tuition in D.C. will be $12 per unit next semester, in Ohio it's about $38, In Rhode Island it's $36, and in Wisconsin it's about $32 said Bloch.

The intent of the conference was to teach community college students how to lobby and have their voices heard. The conference also showed students how to get in contact with congressmen.

"The purpose was to tell students they have to band together for their voices to be heard," said Bloch.

Flynn said, "I found out how unorganized community college students are. With the number of students we have, if we were organized we could influence legislation."

The agenda included board meetings, in which lobbying techniques were discussed; luncheons in the capital; keynote speakers, such as Dr. Phil Day, president of the Daytona Beach College; and special presentations from Major Owens, D- New York.

"He (Owens) gave a great speech about how we stay quiet when a bill is passed and so the government keeps stepping all over us," said Bloch.

Bloch and Flynn also had an opportunity to speak with other college students about the importance of education.

Senator Howard Berman of the 42nd district was available to speak with as both ASU members discussed the financial crisis at Valley College.

"I thought it was the best experience," said Flynn. "Not only did I learn but I had so much fun. It was interesting to hear senators talk."

The ASU members learned of the United States of America Foundation. "They gave us information about how they're planning to have scholarships available over the internet just for community colleges," said Bloch. "Schools have to pay $900 in order to have access, that money is then used to find scholarships."

Funds for the trip were provided by the $1 representation fee paid by Valley College students. The students were chosen by a vote from ASU, by Dean Reis and by the Dean Of Student Affairs Yasmin Delahoussaye.

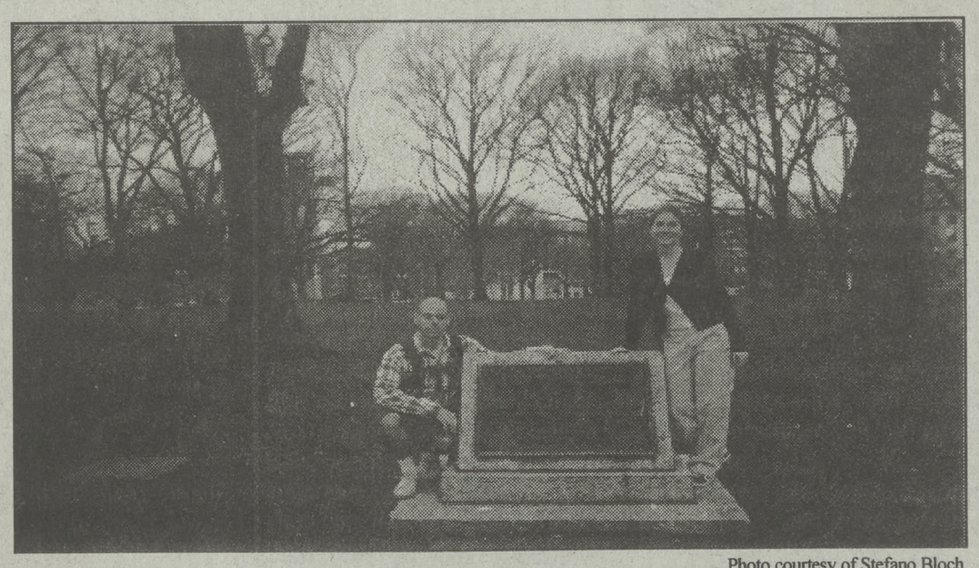


Photo courtesy of Stefano Bloch

ASU members Stefano Bloch and Colleen Flynn pose in front of the marker of George Washington's former home in Washington D.C., as part of their sight seeing during the trip.

Free enterprise, volunteer work advocated to students

By LAURA RENOLDS
STAR REPORTER

Elva Sandoval Regional manager of Junior Achievement guest speaker said employers should adopt a school with goals of teaching students, at the last Mid Valley Chamber of Commerce Education Committee on March 12.

This committee meets once a month on the second Thursday of the month in the cafeteria conference room. Valley College president Tyree Wieder conducts the meeting.

Soon to take Sandoval's place is Jarod Kawasaki, who will continue to ensure that every child in America has a fundamental understanding of free enterprise.

"As a volunteer, your life experiences are an asset in the classroom," said Sandavol.

The volunteers visit the classroom once a week and the number of visits may vary with the program.

Volunteers teach 35 to 50 minute lessons and all training material is provided by Junior Achievement.

"Volunteering offers the opportunity to be a role model to students and to develop personal skills," Sandavol said.

"Volunteer help increases the company's visibility in the community and to provide a proven vehicle for a more effective business involvement in education."

This program gives students the opportunity to learn about the real American free enterprise system directly from the business professionals, according to Sandoval.

An account executive from Dean Witter Robert S.Burakoff has worked for five years with the Junior Achievement helping students by telling them about what to expect in the real business world.

"I derive as much from the program as the students," Burakoff said.

Hanna Pettersson Director of Cooperative Education, placement and internships invited students at Los Angeles Valley College and other surrounding schools to visit her center on campus.

The center provides on the job training as well as providing internships. opportunities.

The phone number of the Cooperative Education Office is (818)781-1200 ext 272 or fax at (818)780-6387.

A penny saved

By JOHN TARR
STAR REPORTER

The new Roth IRA is undoubtedly the best way to go for young investors looking toward enjoying their golden years without working under the golden arches.

"If you have more than 10 years remaining until retirement, you will usually come out ahead with a Roth IRA," according to Your Money, March 1998. "The other key variable is your tax bracket. In general, individuals and couples who expect their incomes to decline significantly in retirement often benefit more from the tax-deductible IRA.

In the past, it was generally safe to assume that most people's incomes would fall in retirement. But the rapid climb in stock prices over the last 15 years and the increased recognition of the need for sound planning calls that assumption into question."

Based on the graph at right, if you save $167 a month, starting at the age of 25, in an IRA, your investment will grow to nearly $1 million dollars. That figure assumes an average 10 percent return per year, without calucting any other investments.

If, however, you make other investments such as stocks and bonds or mutual funds and increase your annual savings congruent with your earnings increase over time, your retirement investment can grow to millions more (more next issue).

Therefore, assuming you take 10 percent (the interest from your investment) to live on each year, and assuming a portfolio value of $2.5 million, your yearly withdawals will be $250,000.

If you make $30,000 a year now, due to inflation averaging 4 percent a year, by the time you retire (in 40 years) you will need an income of about $150,000 a year to simply *maintain* your standard of living.

If you maintain your standard of living, your income tax bracket should not change (assuming the government does not impose flat taxes).

Therefore, if your 10 percent yearly withdrawals from your investment portfolio are $250,000 per year, you would obviously be in a higher tax bracket. Thus, starting a Roth IRA now would be advantageous

You can see by the graph below the increase in the eighties of contributions to IRA's. The decline in the late eighties early nineties is attributed to the stricter IRA laws imposed by the goverment because of a loss of tax revenue due to the sheltering capability of IRA's.

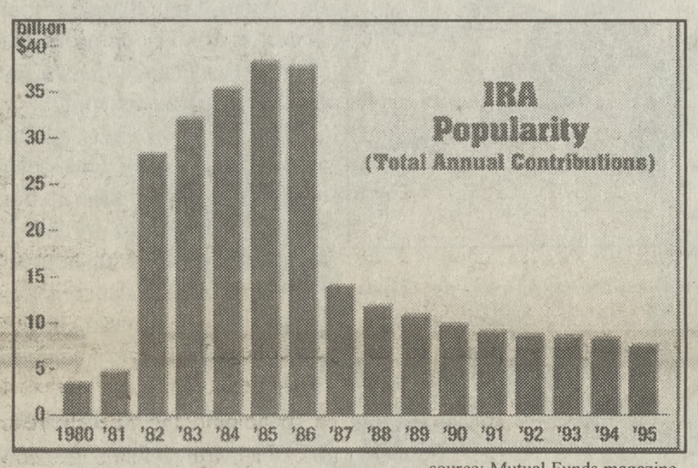
However, with the introduction of the Roth IRA, contributions to IRA's are expected to rise dramatically, according to Mutual Funds magazine. Thisexpected rise could spur the economy, stimulating further growth in the stock market.

Now, when you are younger is the time to invest, considering the power of compounding.

"Experts universally agree you should maximize your IRA contributions every year, regardless whether your contributions qualify for a tax-deduction," according to Mutual Funds magazine.

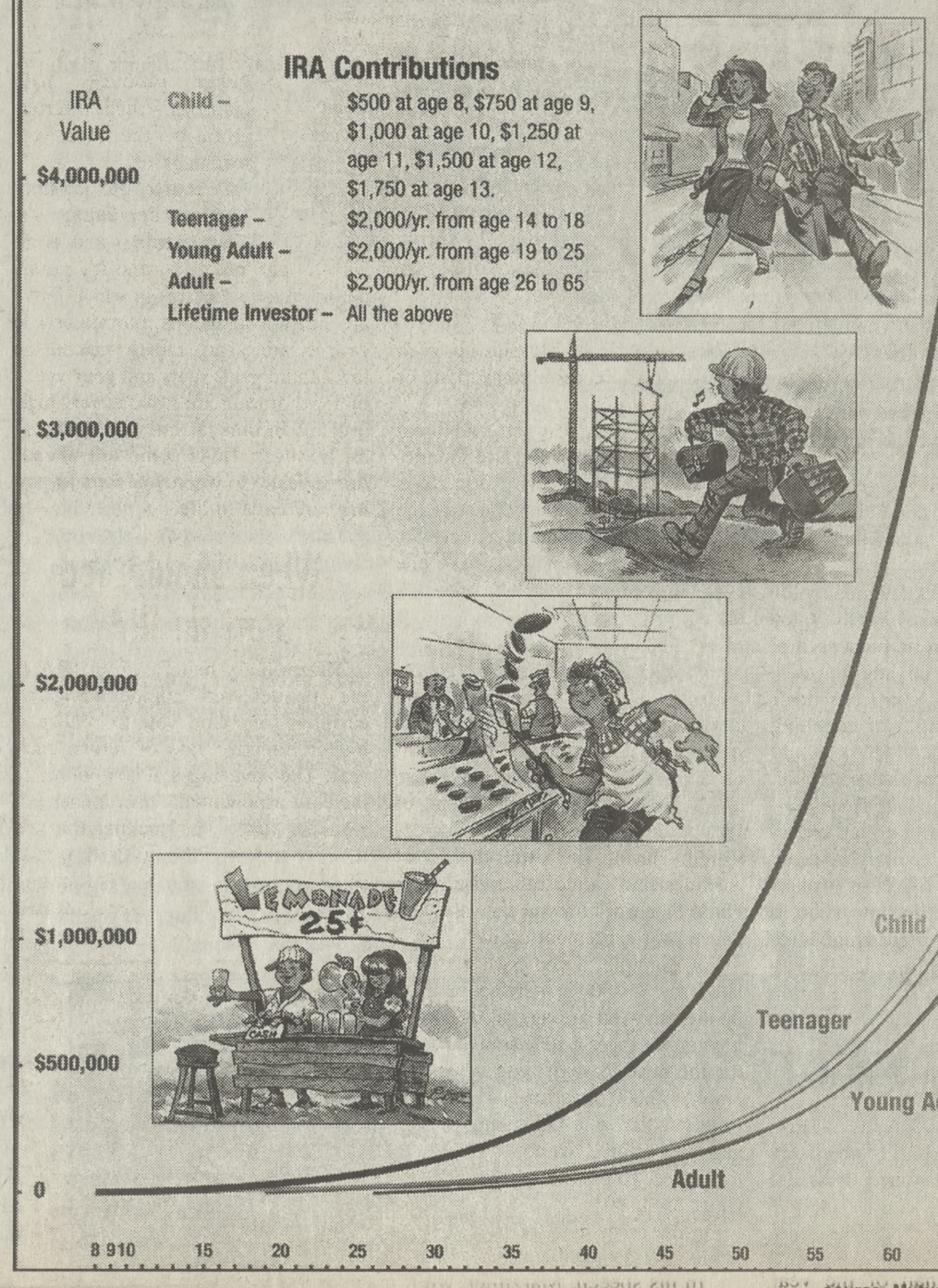
"That's because all of the earnings in every type of IRA compound completely tax deferred.

Nesxt installment will look



source: Mutual Funds magazine

IRA - It Pays to Start Early



source: Mutual Funds magazine

Graph assumes a 10 percent yearly return on tax-deferred IRA contributions without withdrawals. "You may want to be more aggressive with your IRA if you are younger," according to Mutual Funds magazine. Next installment will look at investments averaging 12 percent per year, thus increasing your final portfolio worth. Look for it soon.

Health Tips

How To:

Quit Smoking

By REBEKAH FOWLER
STAR REPORTER

It seems like everything in life is geared toward competition. We compete with ourselves, and even our counterparts. I guess it should not be a surprise when you have smokers competing against nonsmokers for air space.

Smoking is as simple as picking up a cigarette and inhaling. So why is it so hard to give up smoking?

According to the American Heart Association 90 percent of people who quit smoking, quit on their own. Many of my friends say it is the addiction of being addicted that makes it hard to quit, but it can be done.

Do You Know?

Your risk of heart attack, lung cancer, emphysema and several other diseases will drop dramatically when you quit smoking.

You will save $600.00 or more every year if you kick a pack-a-day habit.

The more times you attempt to quit the more likely your eventual success.

Approximately 3000 non-smokers die from second hand smoke.

Here are a few tips to help you quit smoking. If you decide that you truly want to quit, you may need to push yourself to get started. Be positive and be patient.

These tips were gathered from information distributed by the American Heart Association, and friends who have successfully stopped smoking.

*Quit when you are ready. You must first decide to quit for yourself, quitting for someone else may not work.

*List your reasons for wanting to quit. Make a list and keep it where you can see it.

*Consider the benefits, be positive about it. You will have more energy, your physical health will improve and so will you peace of mind.

*Plan the way you will quit. There is no "best" way to quit. "Cold turkey" works for some people but not everyone. Do what works for you.

*Put together a First Aid Kit. Begin to change routines and get rid of your triggers to smoke.

*Choose a quit day, a day that may already be significant sometimes help, stick with it, be patient.

*Seek help from friends, family, health professionals or community groups if you need it.

For more help and information contact. American Heart Association, 1-800-242-8721

Understanding Cholesterol

What is Cholesterol?

Cholesterol is essential for life. The body needs cholesterol to make strong membranes, steroids and other hormones, and to ensure proper function of the nervous system. But too much cholesterol in the blood has been linked to the formation of fatty plaques that can narrow arteries, including those that supply the heart muscle itself. Chest, throat or shooting arm pains, called angina, or myocardial infarction -a heart attack- can result when the supply of blood to the heart is partially or completely shut off by a protruding plaque. Changes in you diet may help you reduce serum(blood) cholesterol and help you eat for a healthier heart.

"Good" and "Bad" Cholesterol

Cholesterol is cholesterol no matter what. But depending on how it's transported in the blood, cholesterol can be either "good" or "bad." Cholesterol is harmful when it's bundled in a ball of protein called low density lipoprotein, or LDL. LDL transports cholesterol to the arterial wall where it is absorbed into the slowly growing plaque. High density lipoprotein, HDL, -the "good" cholesterol, removes cholesterol from the artery wall and slows, or may even prevent, the development of plaque.

Eggs: Yes or No?

A single egg yolk contains 250mg of cholesterol, or about the maximum daily intake recommended by the American Heart Association. Just two eggs a day puts you over the limit. But eggs contain absolutely no saturated fats, which are also implicated in heart disease. The egg white is also an excellent source of inexpensive protein. So, some nutritionist and doctors argue that it's unfair to single out the egg as the primary culprit for heart disease. While researchers continue to debate the issue, it's probably best to heed the old adage "Everything in moderation." There is little reason why most healthy people cannot include a few eggs in the diet, particularly if the have reduced the other important risk factors for heart disease: high fat diets, smoking, lack of exercise, and overweight.

Making simple lifestyle changes significantly reduces your risk for heart disease. People of all ages can benefit from healthy habits.

Adapted from Cholesterol Control for Healthy Hearts by Parlay International

ASU Elections

The Associated Student Union is holding elections for student officers. The ASU is by and for the students. If you are a student at Valley, and you are interested in the student government, the application deadline is today.

Candidates are needed for the following offices:

President
Vice-President
ICC Representative
Commissioner of Athletics
Commissioner of Campus and Environemntal Affairs
Commissioner of Cultural And Ethnic Affairs
Commissioner of Evening Division
Commissioner of Fine Arts
Commissioner of Political Affairs
Commissioner of Public Relations
Commissioner of Social Services
Chief Justice

For more information pick up applications in CC100.
Elections will be held April 14, 15.

Read the Valley Star!

Starting today, the Valley Star will be published weekly. Pick up the Star in the newsstands around campus.

Technology report

Internet idiots and online geeks

Chris M. Allport
Star Reporter

Generation X. what's going on with it?

Sure, technological wizardry is wonderful! Computers, cars, stereos, VCRs and even your home microwave are all great tools that have gone far beyond what we could have only imagined ten or fifteen years ago. Much of this new surge in development of technology is primarily due to NASA's reasearch.

But doesn't there come a point when we go too far? What I am talking about is the *internet*.

The internet was originally created in the early sixties by reasearch scientists working for the government in order to exchange data between computers.

Today the internet serves the same purpose, but as we all know its useful to even the common man or woman, not just research scientists. The popularization of the internet came in 1989 when Tim Berners-Lee proposed the World Wide Web, an interface between users of personal computers and the internet opening up the doors to the world!

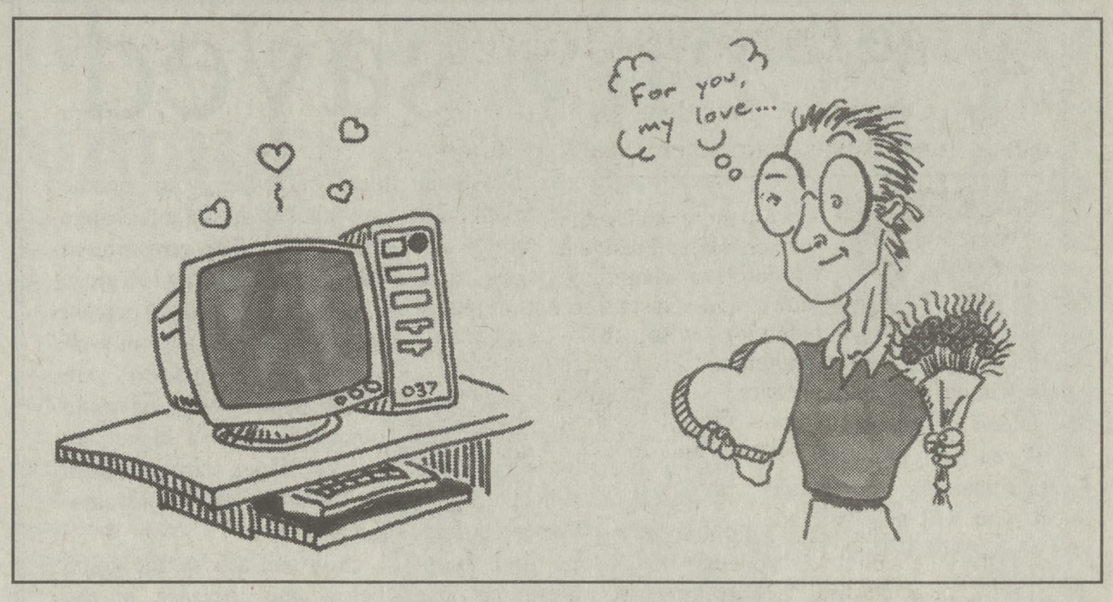
Sure thats exiting, but now we have to examine the pros and cons of the internet and world wide web. Email is a great form of communication, its made possible by the internet. Yet, more and more I am beging to dislike the whole concept of the internet. Instead of legitimate communications, my mail box is generaly full of junk mail, and cute little jokes that are so easily passed along.

More and more people spend long hours in front of their computers "surfing the net." What's that supposed to mean? The internet isn't a person place or thing, so how can it consume so many hours of our lives?

Companies have jumped on the internet band wagon and now use the technology as an incredible advertising tool. There are incredible offers for anything that you could possibly imagine. Online stores are becoming more and more popular. Soon we won't even have to leave our houses to do grocery shopping. Does everyone really want to sit at home all day, in front of a computer, your eyes glued to a glass screen that lights up, never leaving your house and letting your computer take care of all your errands for you?

I personally hate that concept. For me, the internet is a tool that occasionally comes in very handy for research, but I use it mostly for data transfer.

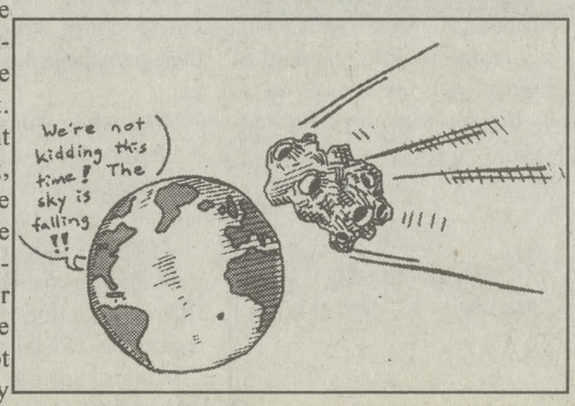
The thing that bugs me most about the internet are the few million techno geeks who stay perpetually glued to their keyboards praying for their next internet relay chat or instant message. Thse social tards are soely responsible for sucking the cool out of the web. If it went for these GEEKS, the "loser" stigma and hype that is attatched to the internet would not be there and the internet would be seen for mediocre tool that it acualy is.



Asteroid to hit third rock?

ANITA TORRES
STAR REPORTER

As probably everybody has heard by now, an announcement was made a few weeks ago that an asteroid was going to hit Earth in October of 2028. The mile long asteroid was expected to destroy or kill nearly everything on the planet, no matter where on the surface it hit. As in the event of a bombing, there were expected to be many dangerous after effects. Those which were not obliterated by the initial impact were expected to survive for only a short time afterwards.



Upon hearing about this, most people reacted in one of three ways. Many were terrified and worried, even though this was not going to happen for another 30 years. Some were skeptical, saying that this event was unlikely or impossible. Others were indifferent, figuring that they had no control over something so large, so they may as well not worry about it. Another, probably not as common reaction, was joy. That was my reaction.

When I heard about the asteroid, I was thrilled. I talked to many of my family members and friends to see what their view on the situation was. They all fit into one of the first three categories I described. They also all thought that I was crazy for thinking the way I do. I pondered this accusation and realized that I probably did sound crazy, but only if I didn't have a chance to explain my point of view. So here's my chance.

I figure that this planet is in the need for a little, well o.k., a big "spring cleaning." With all of the damage that has been done to it by people, parts of it are becoming almost unfit to live on. Now I am all for recycling, saving the rainforests and endangered animals, and preventing further enlargement of the hole in the ozone layer, however, I do feel that all of these grand and noble efforts are taking to much work and are not producing an equal amount of results. A lot of this damage is irreversable and at this point, turning used tires into new shoes is virtually worthless.

After accepting the sad and perhaps unchangeable plight of our planet, I feel that all it really needs is a new beginning, and what better chance do we have for that than this asteroid?

Besides, we are quickly approaching a time where many members of our human race seem to feel that we are the ultimate, all-powerful, unstoppable beings. It would take something natural and devastating like an asteroid to show everyone who's really boss.

Even after giving my reasons for why I am happily anticipating this asteroid, I probably still sound crazy. But it doesn't really matter what me or anyone else thinks because a few days after this famous announcement was made, there was a new discovery.

This time, it was said that the asteroid was not going to hit Earth after all, but was instead going to miss it by a few hundred thousand miles.

Editorial

Campus fire drills not taken seriously

Recently, the fire alarm went off around campus unexpectedly. In the Life Science building, as most of the classes stopped their session and began marching out through the evacuation route, a chemistry class neglected the notice and proceeded with their classroom activities.

There is a communication problem with the emergency alert system on campus. Administrators, Instructors and pupils should all be on the same page regarding emergency procedures.

The only time every instructor will take time off class to mock an emergency is when there is a scheduled drill. If the fire bells goes off without notice, they will think twice about taking their class through the evacuation route.

Usually instructors will disregard an unexpected fire alarm if everything looks fine outside the classroom's window. If there is nothing wrong, some teachers will proceed as if nothing happened because it is not rare that someone who didn't have anything to do set off the alarm.

When the alarm goes off, everybody should automatically go out and follow the emergency procedures.

What are emergency alerts for? They are supposed to inform everybody of an emergency. Everything might look OK outside the window, but there might be an emergency in the next building or even across the campus.

There is still danger if the emergency is somewhere else on campus.

The instructor of that chemistry class put the students life in jeopardy. The chances that a fire occur in the Life Science building is even more likely than the rest of the campusdue to so many chemicals, used in the study of biology and chemistry.

Everybody who is affiliated with the campus should be notified of the emergency procedures. There is a reason for the emergency system. Everybody should all be glad about having a system which could save everybody's life.

LETTER TO THE EDITOR

To the Staff of the Valley Star

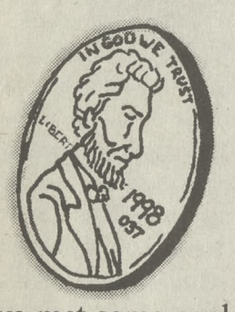
I am writing in response to the March 12th edition of the Valleyt Star on the Opion Page where Alsion Wilner commented about high cafeteria prices.

First of all, a 20 oz. bottle of Diet Coke at the cafeteria is $1.15, not $1.50 as Wilner was quoted. Secondly, why buy a 20 ounce bottle for $1.15 when you can buy a 32 ounce fountain drink with ice for $1.10? Thats even cheaper per ounce than a 20 ounce bottle for 75¢ found at the "other establishments." Also, if money is tight, you can use tour ASU membership to receive 15% off food purchases.

I am also writing to provide a positive opinion about the cafeteria, since you neglected to print one among the four negative ones on the Opinion Page. I've seen quite an improvement in the cafeteria over the last year that I don't think shoul have been overlooked. For one, they've added a self-serve snack-and-drink area in the center of the cafe, which saves customres' time. And now the food servers don't have to use the registers, which not only saves the time of going from register to register, but also saves our food from the bacteria transfered from currency. Now students can visit as many food areas as they want and pay only once on the way out.

I've been a student at Valley for a long time and I've never had any problems at the cafeteria, either with its food or its employees. In fact, I can say they're doing a good job!

Monica Dionne, LAVC Student



Penny for your thoughts...

I've met some cool people since I've been at Valley College—everybody is wierd—including me. I'm studying guitar. I've been here three years majoring in music. I started getting interested in school when my dad died three years ago. He was a great guy. I miss him.

—Michael Robert Camp

Photo Survey...

Are you a Fan-o-holic?

"I'm not addicted, but I enjoy sports."

—Arthur Oganesyan

"I'm a fan of basketball."

—Jenny Sriaphon

"I like to watch and enjoy sports, but I'm not adicted."

—Alberto Rivera

Jami Zabner/Valley Star

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Judge throws Jones out of court

■**Legal Comentary:** President Clinton's motion for summary judgement causes Jones' sexual harrasment case to be thrown out of court.

Chris M. Allport
Star Reporter

As more and more women claim President Clinton has committed lude and lascivious behavior with them, Clinton and his lawyers prepared defense against one of his first attackers, Paula Jones.

Jones filed a sexual harassment civil action against the president when he refused to make a public apology for his alleged conduct with Jones.

With the actual trial only weeks away, trial Judge Susan Webber Wright rendered her decision regarding Clinton's motion for summary judgement, seeking to dismiss Jones' lawsuit without a trial.

Such a motion is a valuable legal procedure, designed to save the great effort, delay and expense of trial preparation in those cases where the plaintiff, filing the lawsuit, cannot present a *triable issue of fact*. Simply stated...if there is no triable issue of fact, there is no lawsuit.

Jones filed her complaint claiming that Clinton wronged her, causing civil damages. Clinton filed his answer denying her claims. These pleadings (usually verified under oath) put the case "at issue" and ready for the long, laborious and expensive procedure of a complete civil trial.

The pleadings are not considered to be evidence in a court of law, merely staking the claims of the parties. These claims must be proved by evidence admissible by the court during trial.

Clinton believes that Jones' case is frivolous, an abuse of legal process, fraudulent, and phony without any *triable issue of fact*, completely without merit and thus filed his motion.

Usually a motion for summary judgement is filed very early in a case, however, for reasons only known to Clinton and his consul he waited much longer than normal to file this important motion.

After filing the motion, Clinton had to back it up with affidavits under oath, convincing the court that Jones can not display a triable issue of fact.

Although deemed to be true, Clinton's affidavits were strictly interpreted because he wanted to deny Jones her day in court.

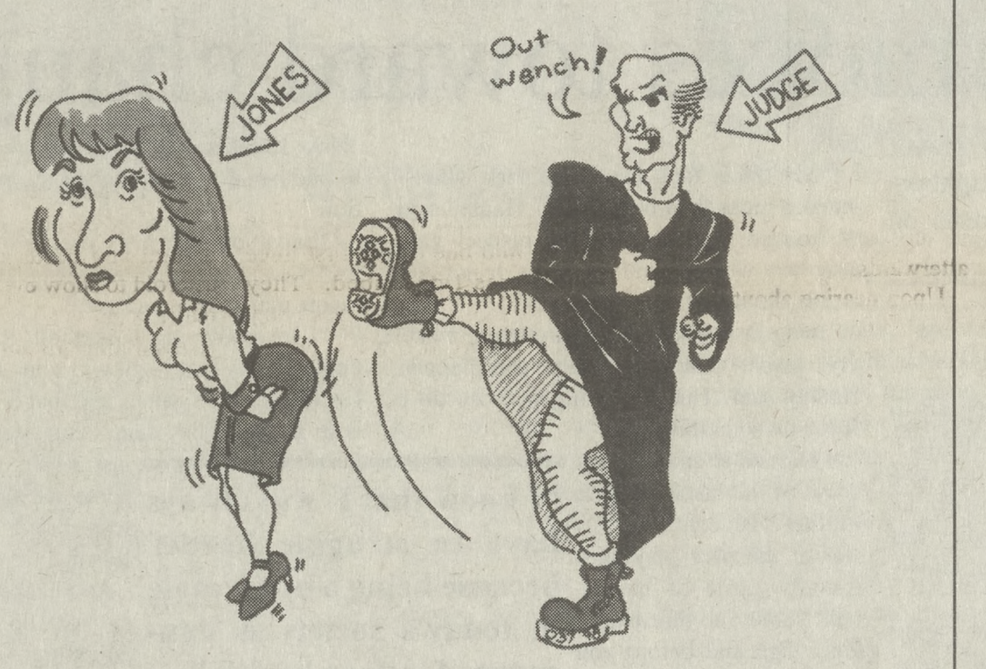
Jones then opposed the motion with her affidavits under oath claiming there is a triable issue of fact.

Also deemed true, the defendant's affidavits were liberally construed, in her favor, protecting her civil right to a full trial.

Now that the court has taken the pleadings, the motion, and affidavits under advisement, Judge Wright ruled on the issue and rendered her decision on Wednesday.

Concluding that Jones had not presented a triable issue of fact, Wright granted Clinton's motion and dismissed Jones' case without the burdens of awaiting a complete trial.

Of course, the court's ruling is appealable by the plantiff, however reversal is infrequent.



Changes needed in LACCD

By DEEANNE McCLAIN
STAR REPORTER

The Administration of Valley College is making a big mistake by canceling all classes with an enrollment of less than 15 because students who may want to attend there will now change their minds when they see the class schedule.

In 1999, when the American Federation of Teachers revise their 99 page contract with the community college district, they should negotiate to change the less than 15 enrolled students rule.

The rule is not only damaging to the school, but more specifically, to the individual departments that may already be struggling to stay afloat. Many students who may want to investigate a college to see if it suits their academic needs will turn to the class schedule.

When they discover that the school does not have the classes they need in their chosen field of study they will certainly turn to another school, thereby further reducing enrollment in that department.

Although this has been policy for some time, particular departments are suffering more than ever with classes disappearing altogether.

For example, when I first decided to move to the San Fernando Valley to attend Valley College, it was due to the large number of English and journalism classes that I found within the schedule of classes.

Now, two semesters later, several classes are missing in both departments, but more so in my chosen major, journalism.

When I enrolled as a student at Valley, I was looking forward to taking each one of the fifteen classes offered in the department and was lucky enough to participate in the student created magazine, *Crown*.

Now, *Crown* has lost its funding due to the cuts in staff hours and limited registration in that class.

The rule is not only damaging to the school, but more specifically, to the individual departments that may already be struggling to stay afloat.

What administration does not realize, is that only eight of us managed to publish a thirty page magazine that looked better than it had in several years, winning several awards at the Journalism Association of Community Colleges conference this year.

This semester, we have kept the magazine only through our wits. We cleverly decided to publish the magazine on the world wide web. The department chair made the class a directed study option.

We have no budget, the photographers have to purchase their own film, we had to pool the money for developing and we cannot afford to advertise the class, so enrollment is minimal.

Even the *Valley Star* was in danger of being cut due to low enrollment and as it is, supplies are virtually non-existent.

Four other journalism classes required to obtain a degree are gone since I started.

If I were to be looking at Valley College now, I would examine the schedule of classes and choose another school, perhaps Pierce College, which has a much larger and better funded journalism department.

I would be willing to bet that most every student in that well funded department found out about it from the schedule of classes.

How our journalism department will survive I will never know.

There must be other departments suffering the same troubles. How does the district think the schools will survive?

Certainly not without the students it cannot even attract into classes that no longer exist.

One wonders what will happen to the whole community college system if these kind of practices are allowed to continue.

The obvious solution is to eliminate or substantially modify the cut rule to bring students back into the classroom or perhaps decide which schools will focus on certain fields of study.

Although this would be a sad strategy to resort to as it would clearly undermine the totality of each collegeís ability to provide a well rounded curriculum.

The district and the American Federation of Teachers need to sit down to the negotiating table with the future of community colleges in mind and think beyond the current budgeting troubles with more determination to make cuts that donít so obviously affect the future of the school itself.

Take responsibility for your school

By JOHN TARR
STAR REPORTER

It's time to put up or shut up when it comes to who is going to run our student government.

Election time is near for all ASU offices and were it not a conflict of interest to work on this newspaper and be a member of student government, I would run for student president. I'm tired of hearing and saying nothing but disparaging remarks about our student government.

After working on this newspaper for three semesters, I am all too familiar with the time extra-curricular activities can consume.

Can you blame someone for not accomplishing everything they set out to do when their life is filled with school, work, home, a social life and more? No. It's impossible to point fingers when you cannot do what you think someone else should be doing.

Therefore, it is time for all of you to step forward and accept the mantle of responsibility on April 15. Get out and vote. Good luck.

Managing stress: *Mind over matter*

■**Stress:** Learn to control the silent killer.

By REBEKAH FOWLER
STAR REPORTER

College students deal with challenging situations on a daily basis. Some challenges create obstacles which interfere with accomplishing or obtaining goals. Other challenges provide the opportunity to achieve these goals. One major concern is learning to cope with life's struggles without becoming "stressed-out".

On average students are confronted with challenges such as earning good grades, finding a job, maintaining relationships, living arrangements and even early parenthood. It is normal to feel anxiety, fear, sadness, depression and even anger. Suffering through normal struggles become a problem when these emotions completely alter a person's daily routine.

The way a person reacts to a particular issue can often create more problems. A teacher suspects two students of cheating on a test, she confronts the two students with her suspicions. Immediately both students react. One student bows his head in shame, the other student becomes angry and denies cheating. Judging by their reaction everyone assumed the aggressive student was guilty, such was not the case. Fear caused both students to react. The guilty student though remorseful felt he had nothing to lose, while the other student, already overwhelmed with other problems, lost control.

Everyone responds to situations differently. Although this situation did not seem to be that big of a deal to the guilty student, it caused a lot of anxiety for his classmate. When you allow problems to compound, the slightest hint of a confrontation can become overwhelming, causing you to react differently than normal. This is a typical reaction for a person who is "under stress" or "stressed out."

What is stress? For most people, stress is any thing that gets on your nerves. According to studies from the Journal of Psychosomatic Research, it is important to recognize the difference between the word stress and the phrase stressed out. Stress refers to the cause of the disruption, example: a student stresses when he takes three exams in one day. Stressed out refers to the consequences of a stressful situation, e.g., the student had severe stomach cramps, and diarrhea during the exams. Stress can create problems in otherwise normal situations.

When a person experiences stress, the nervous system, the endocrine system and the immune system all produce various physiological changes which are meant to help handle the stress. If a person continually deals in stressful situations, then these stress response mechanisms weaken, lowering the immune system, which can lead to any number of illnesses. The immune system responds negatively to stress.

Stress can cause people to engage in unhealthy behaviors in order to deal with stressful feelings. Some of these behaviors are: smoking cigarettes, over-eating, under eating, not sleeping, drinking alcohol and taking drugs.

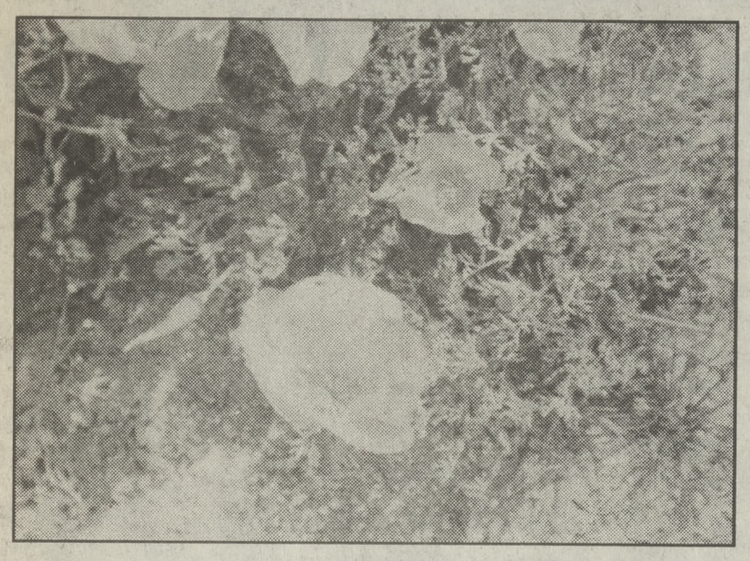
In order for people to better handle stress, they must find out what is causing the stress. Managing stress is an important part of daily living. It is hard to live life without encountering stressful situations, but if you know what causes stress, and then find ways of dealing with the problem, it limits the amount of pain and suffering, not to mention sleepless nights.

For each person, managing stress is a little different. It is important however, to replace stressful ways with better attitudes, beliefs and behaviors.

The tips below are adapted from *What You Should Know About Stress, Diet and Exercise, Now!* and are reprinted with the permission of the editors at: Research Institute of America, 90 Fifth Avenue, New York, N.Y. 10011, (212) 645-4800.

Twenty tips for managing stress

1. Work off stress: Any physical activity which can help relieve that nervous energy.
2. Talk to someone you trust: Confiding in a friend or relative can help even if there is no solution it usually makes you feel better when you have support.
3. Learn to accept what you cannot change: Some problems cannot be avoided or solved immediately, learn to accept what has happened and have patience it will lessen the stress.
4. Avoid self-medication: Taking medication to avoid dealing with stress does not help, it creates more problems such as addictions, it would be better to think about your sorrows rather than drown them.
5. Get enough sleep and rest: The lack of sleep makes you cranky and irritable, so when you are feeling stress, try to get sleep, it will help build your energy level.
6. Take time to play: Working extra hours tends to be counterproductive past a certain point. Take time to relax, and enjoy life, call it a sanity break.
7. Do something for others: Doing something for others helps you feel good and can help put your life into perspective.
8. Take on one thing at a time: Don't overwhelm yourself with too many projects, you won't get anything accomplished. Prioritize things and try to complete what you finish before starting something new.
9. Agree with someone: Sometimes we get so irritable that we wind up fighting with everyone. Before you become completely out of control, try to find something to agree with, it can help alter your mood.
10. Manage your time better: If you feel there aren't enough hours in the day, then you need to rework your schedule to give yourself time to accomplish things, otherwise you defeat yourself by putting yourself under strain to get things done.
11. Plan ahead: If you know about events that are coming up, plan now to rest and be ready for the event.
12. If you become sick: don't pretend you are not: It is important to realize that if you don't take care of your health, you cannot take care of business. If you are sick take a few days to get well and relax, don't be a martyr.
13. Develop a hobby: It lessens stress to have a hobby. If you work and attend school, hobbies are a way to break the monotony of your day, and you are treating yourself at the same time.
14. Believe in yourself, you have the answer: No one can relieve your stress but, people can offer advice Only you hold the key to peace and happiness, search within for your desires and ways to achieve them.
15. Don't put off relaxing: People promise themselves to relax tomorrow, or to take a break next week, putting off relaxing only builds up stress and anxiety, take out time for yourself daily even if it's only 15 to 20 minutes a day.
16. Eat well and exercise: You can't simply relax and hope that stress will go away. You must integrate proper nutrition and exercise into your day as well as rest.
17. Don't be afraid to say no: If you are asked to do a favor, whether it involves taking someone somewhere or taking on extra projects, know your limits. If you don't have the time, say so, don't feel obligated to anyone but yourself.
18. Know your body, and its limits: Knowing when to stop when you are fatigued rather than pushing yourself beyond your limits will reduce unnecessary stress.
19. Learn to delegate responsibility: Sometimes you can't do everything yourself, don't be afraid to ask for help, regardless of the situation.
20. Be realistic about perfection: Not everything can be done to perfection, know the difference between a shoddy effort, and an honest one at doing your best.



Kathy Lustig/ Valley Star

POPPIES Continued from p. 1

When he wakes up in the morning he is greeted by the endangered burrowing owls and exceeding lands flourished with golden streaks and deep purple hues decorating high green hills.

"I enjoy it out here," Anderson said while smiling.

The same sentiments were expressed by LAGS members and accompanying students as their hands and noses caressed the thousands of poppies surrounding them. Cameras flashed and heads turned as each step taken offered a new sight to see.

"This is not a normal day for me," said Robert Perez. "It's nice, because I don't get to see areas like this often."

Raskoff commended the participation from LAGS and students.

"They were a great group of people who are conscious of the environment," Raskoff said. "You have to appreciate that sense of adventure."

Writing center has a lot to offer

BY ANITA TORRES
STAR REPORTER

The Valley College Writing Center and Computer Lab are free services to all Valley College students who bring their fee registration reciept.

The Writing Center offers a variety of services including tutoring and workshops. The Computer Lab, which is next door to the Writing Center, has 30 Macintosh computers that students can use.

The Writing Center also offers two 1 unit classes and two .5 unit classes. Students enrolled in any of these classes get priority computer usage in the Computer Lab. Students not enrolled in any of these classes get computer usage on a first come first serve basis.

Both rooms are staffed by students. The Writing Center employs student tutors who have either completed or are currently enrolled in the *Methods of Tutoring* class offered by the Writing Center. Tutoring conferences are based on walk-in appointments only and last half an hour. These conferences are one-on-one between the tutor and the student, and focus on whatever the student is having trouble with.

The tutors help students with any kind of writing such as essays and reports. If a student is having trouble in a specific area, tutors give handouts on the subject to supplement the conference.

"About 20 percent of the students here use the Writing Center. We have about 4,000 conferences per semester," said Rhonda Eisner, instructional assistant of Language Arts.

The Computer Lab employs students who are experienced with the computers. These students monitor the lab and offer help to students using the computers. Students can use the Computer Lab to type their schoolwork or to complete the requirements for their Writing Center class.

The workshops held at the Writing Center are an hour long. Most of the common workshop topics are repeated. These topics include "Developing Paragraphs," "Timed Essay Tests," and "Overview of Punctuation."

In order to offer students all of these free services, funding for the Writing Center is necessary.

"We need money for things like software and computer maintenance," said Eisner. "We also need it to pay the salaries of the people who work here."

According to Eisner, the Writing Center is funded by a five year grant which ends this June.

"We're hoping that after the grant runs out, the school will continue funding us," Eisner said.

Classroom or Romper Room?

Children follow parents to college

BY ANITA TORRES
STAR REPORTER

While walking across the campus of Valley College, it is not uncommon to see children. Most of these children, however, are not students. Many of them have been brought here by their parents who are students.

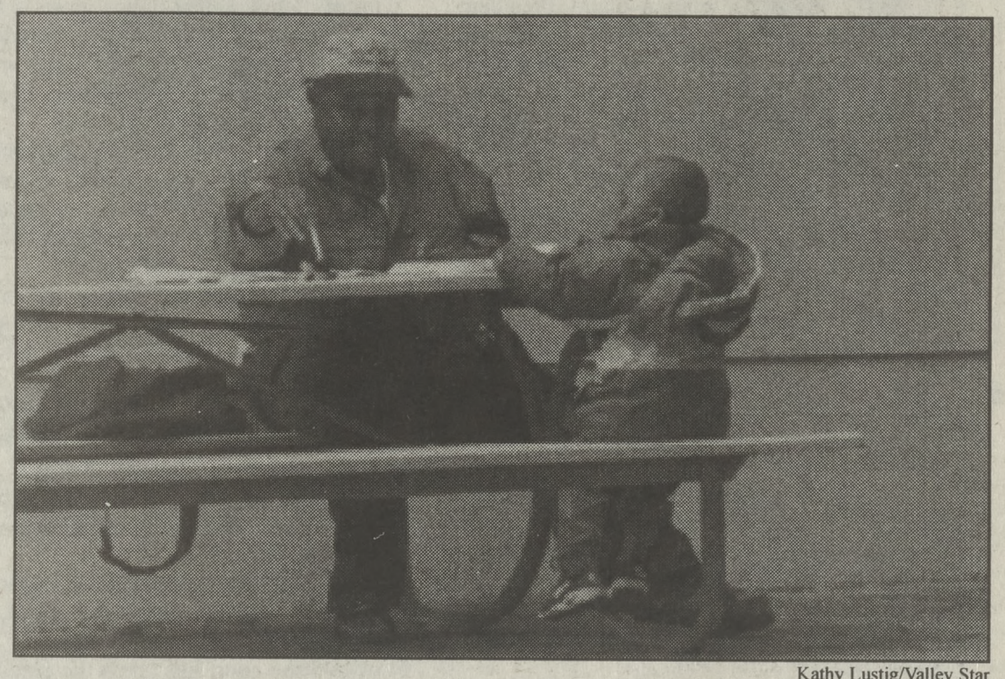
Many students at Valley have children. Often they are faced with the problem of not having anyone to watch their children while they are at school. As a result, some decide to bring their children to school with them.

"This is the first time I've ever brought my daughter with me to school," said Sandra Montoya, a Valley College student. "Her babysitter had to go to the doctor."

Although most reasons for bringing children to school are valid, some students don't completely agree with them.

"Maybe the parents don't have a babysitter, so it's o.k.," said Manuel Arutyunyan, a student at Valley. "But it depends on how old the kid is. If they're young and they're going to make a lot of noise, the parents should probably keep them at home."

As of now, there are no rules against students bringing their children to school. According to Yasmin Delahoussaye, dean of student affairs, the decision to allow a student child into the classroom is up to the individual instructor.



Kathy Lustig/Valley Star

Valley student Damian Okojie studies outside of the Business Journalism building while his son Milton plays with toy cars.

"I would imagine that instructors would discourage students from bringing their children to class because it could be distracting to other students," said Delahoussaye. "But there are no rules against it."

Even though students are allowed to bring their children to school, they may not always choose to. If they do, it is often as a last resort.

"I don't have any problem with students bringing their children to school," said Martha Carvalho, a student at Valley. "It's not like they're bringing them to school for fun. They have no other choice."

Student moves toward change

■ Valley College basketball player moves out of a dangerous neighborhood to better be able to focus on school and sports.

REBEKAH FOWLER
STAR REPORTER

As a freshman, Marcus Hadley appears to have all the advantages of his classmates; a supportive family, a good education and possible basketball scholarships when he graduates from Valley. In fact, Hadley has all the advantages but one, the most important one, he is a black male.

"As a black male, I realize that 'being black is dangerous for your health,' especially living in LA," Hadley said. "I moved to the Valley hoping that would change."

Statistics gathered indicate that because he is a black male, he is six times more likely to die before the age of twenty-five than white males.

"I don't know the statistics, but I know what it was like growing up in gang areas," Hadley said. "I saw a lot of violence and death."

Hadley said he was one of the lucky ones growing up. The fact that he had both parents encouraging him to get an education gave him an edge that many blacks didn't have.

"My father took me to the park where I learned more than basketball," Hadley said. "I learned that you had to respect gang members whether you were one or not, that is just the way it is in the hood."

Living in that kind of environment makes you aware that bad things can happen, Hadley said. The only thing you can do is focus on something else.

"I learned at an early age some of the harsh realities of life," he continued." I was at the park playing a friendly game of basketball, some one threw-up a gang sign and before you could get out of the way guns were fired. They didn't care that there were little kids all around, I knew then I wanted to leave LA."

"I know that I will always have to struggle harder because being a black male in today's society is dangerous for your health."
- Marcus Hadley

Hadley said seeing innocent people caught between the cross-fire is another reality of life in the hood.

Hadley's focus is basketball. He is a small forward and shooting guard for the Valley Monarchs. Hadley said playing for Valley represents a step toward change.

"My outlook on the Valley was that it was peaceful and non-violent," Hadley said. "Now I realize that moving from one place to another does not change the gang situation."

Disappointments are a part of life, Hadley said. Learning to deal with those disappointments makes you stronger.

"I love playing basketball, it gives me hope. I know that I will win some games and I will lose some games and that is the way it is in life," Hadley said. "Our season ended last week, we lost a game we should have won but I learned a lesson.

As a basketball player you do a lot of adjusting. Hadley wants to be a role model for other young black males. When he is not on the court at Valley, he helps his girlfriend, Thelma Ward, coach basketball.

"The kids at Valley Plaza adore Marcus. He talks with them and he is a great influence on them," Ward said. "They love to watch him play basketball."

"I know that I will always have to struggle harder because being a black male in today's society is dangerous for your health," Hadley said. "But my focus is to play ball and get an education."

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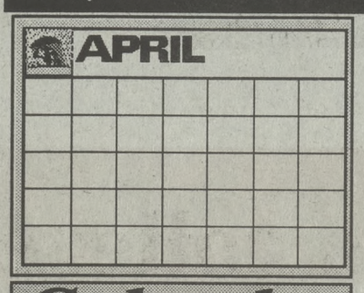

Calendar

The Valley College Music Department will be making six presentations this month.

April 9- The LAVC Jazz Band, directed by Woody James, will be performing in Music Room 112 at 11:00 a.m.

April 16- Lee Zimmer will be playing classical guitar in the Music Recital Hall at 11:00 a.m.

April 19- The L A V C Philharmonic Choir, directed by George Attarian will be performing at the Congregational Church of the Chimes at 7:00 p.m. Admission is $5.00.

April 23- Elaine Lister on the harp and Sheila Zimmermann on the flute will be performing in the music recital hall at 11:00 a.m.

The Astronomy Club will present "The Spring Sky" with David Falk on April 17 at 8:00 p.m. in the planetarium.

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Disney's new movie is nothing "new"

By DEEANNE McCLAIN
STAR REPORTER

Look out Wayne, Garth, Bill and Ted, here come the Deedles. Only, that's the problem. We've seen it all before.

When Walt Disney Pictures sat down to the drawing board for the film *Meet The Deedles*, they were really only recycling an old, overused theme.

Still, there are some redeeming qualities about this G rated flick. The extreme sports aspect is new and even entertaining. The plot, though, is pretty basic.

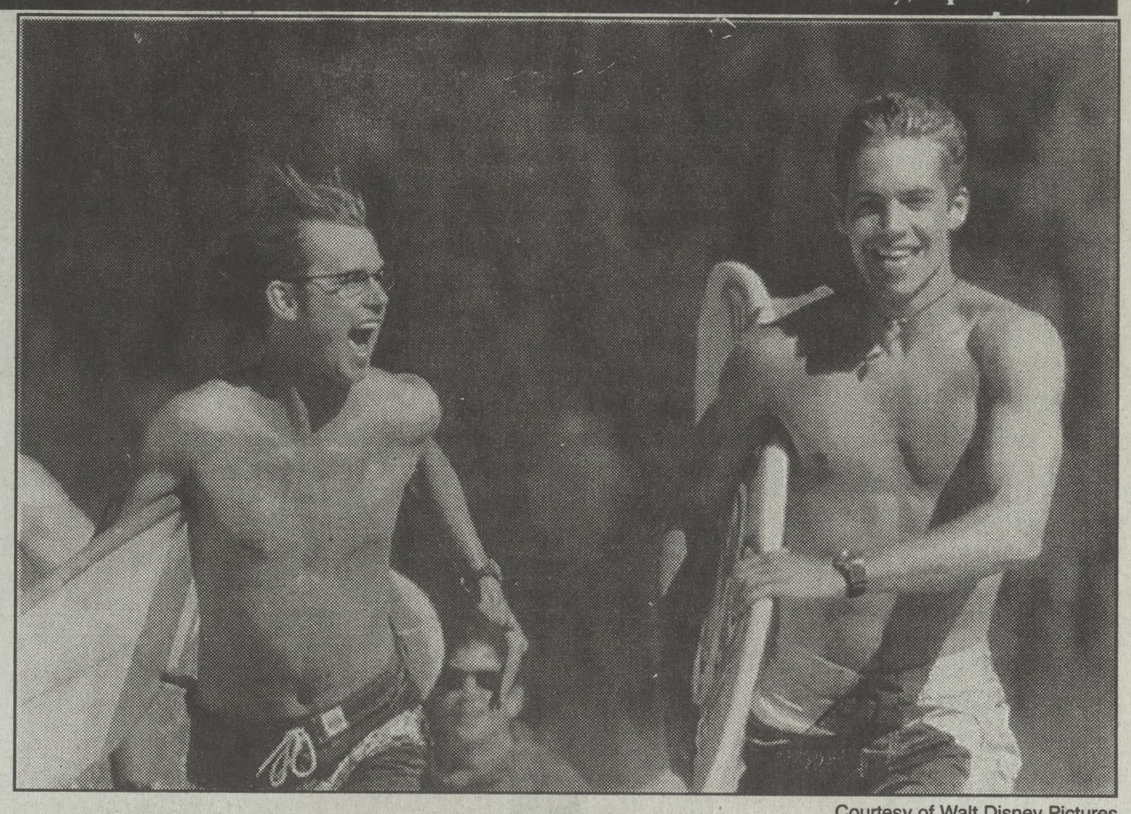
Two wealthy surfer teen brothers, Phil and Stew Deedle played by Paul Walker and Steve Van Wormer, get caught ditching school and get expelled. Their dad, Eton Deedle, played by Eric Braeden, sends them off to Yellowstone Park to become men.

The Deedle brothers soon find trouble, ending up in women's underwear and training as rookie rangers at the park, posing as naturalists, trusted with ridding Yellowstone of a huge population of prairie dogs.

Predictably, there is a cute girl for one of the brothers to fall in love with.

Phil Deedle falls for Jesse Ryan, played A.J. Langer, the daughter of the park's head ranger. They even share one of those corny love scenes in which they slurp up a long earth worm together, ending in a kiss, (much like Disney's Lady and the Tramp; coincedence?).

Of course, there is also a bad guy. Disgruntled ex-ranger Frank Slater, played by Dennis Hopper, and his side-kick Nemo, played by Robert Englund, are using the prairie dogs to dig their way to the famous geyser Old Faithful so they can shut it down.



Courtesy of Walt Disney Pictures

Stew and Phil Deedle (Steve Van Wormer and Paul Walker) race to the water in *Meet the Deedles*.

The surfing duo obviously poses a threat to Slater's plan, and so the action begins. I won't spoil the end, but let's just say that the national park ends up with a new attraction by the time the Deedles are done.

My nine-year-old loved the movie, leaving the theater with a "surfs up dude" kind of attitude and spouting catch phrases from the Deedles repertoire, so taking your nephew or little brother to see this movie might not be too painful.

I wouldn't say that meeting the Deedles is a bad idea, but if you can't relate to hip catch phrases like, "I crave your wave" and "Gnarly dismount," this probably isn't the movie for you.

College students find talk show amusing

BY MICHAEL ROCHE
STAR REPORTER

Valley College students are among a growing audience of the "Jerry Springer" talk show.

College students across America are tuning in more than ever making it the fastest growing talk show in the United States. "That's the audience we aim for," Springer said on a recent television interview with Channel 9.

It's attractiveness is essentially, it's unattractiveness. Throughout the hour long show, viewers are bombarded with racy, outrageous and quite often confrontational scenes. "It's over the edge," said Springer during the interview. "It attracts attention."

The violence has proven to be an effective promotional device. The show's ratings have catapulted into second place behind the "Oprah Winfrey Show."

"Everyone loves to see a fight," said Valley College student James Lawrence.

Valley student Sylvia Morales agrees, "It's wild and entertaining."

Springer, who is educated in law, joined the political arena serving as a council-at-large member, and later served as mayor of Cincinnati. He then landed a broadcasting career that ultimately led to his debut as a talk show host in 1991.

Hostile titles such as "I will break you up," and provocative ones like "I slept with your lover," help to lure viewers into watching the program. "I watch because of the topics," said Raul Bermudez, a student at Valley.

"That's the audience we aim for."

- Jerry Springer about college students.

Springer's show serves as an open forum where grievances suddenly become wrestling matches between the guests, who are sometimes even family members. Wild punching and kicking follow the repetitive beeps censoring the dialogue. Even the audience, standing on their feet, join the spectacle chanting "Jerry, Jerry, Jerry." On occasion, audience members have also become part of the melee.

"They do it for stupid reasons," said Ruth Cespedes, a student at Valley. "It's ridiculous."

The adrenaline rush from the wild shows not only excites viewers, but quite often entices them into wanting to see more.

Fans of the show can even purchase "Jerry Springer" videos such as "Too Hot for T.V" and "Too Hot for T.V. 2." These videos are sent by mail and contain obscene clips from shows that were too inappropriate to air on television. There is also a brochure that advertises Jerry Springer gifts that can be purchased such as T-shirts and hats.

"After awhile it gets addictive," Cespedes said.

The shows unconventional nature surely contributes to this addiction.

Springer's show has surpassed 1,200 episodes and he has recently signed a six year contract in hopes of celebrating show number 2000.

Got News? Read the Star

A cook who kicks

BY LIZ BARRETT
STAR REPORTER

This weekend Jackie Chan kicked his way through the box office with his latest hit, "Mr. Nice Guy".

Chan stars with Miki Lee (Miki) and Gabrielle Fitzpatrick (Diana) and plays a cook who gets caught up in a scheme to cover up a murder.

The story takes place in Melbourne, Australia and is the first American released movie starring Chan speaking in English. His other movies have the voices of himself and most of the other characters dubbed.

Chan, being the nice guy he is, offers to be a hero to yet another woman in distress. He doesn't know that she is a journalist (Fitzpatrick) who has just witnessed and filmed a murder by a group of drug lords.

Chan performs all of the stunts which his fans have grown to love, along with a lot of new ones, while trying to keep the woman out of danger. In the meantime, there is a mix-up with the tapes and everything that could go wrong, does.

He tries to tell the thugs chasing them he does not know the woman, but they don't seem to care. Soon they are chasing Chan more than they are chasing the journalist (Fitzpatrick), and when they kidnap his girlfriend (Lee) he gets completely wrapped up in the chase.

Chan has a special charm that makes the audience forget about how transparent the characters are or how some of the scenes are dark and just don't make sense.

As long as Chan follows through on all of the stunts which make us like him so much, we don't care about the quality of the film. His movies are simply very entertaining.

"Mr. Nice Guy" will certainly not be in the running for an Academy Award next year, but what other movie is going to show the leading man hanging off of a building by a doorknob, or flying over a mass biker wedding on a gigantic gorilla balloon? Not many.

Chris M.'s Top Ten

Ways to tell that you grew up in the 80's and might still be stuck in them

10. You want to organize a Kids Incorporated original cast reunion.

9. You remember the New Kids on the Block when they were Tiffany's opening act.

8. You still have a Beta video deck and a library of movies.

7. You relax by putting on your legwarmers and dancing to the "Footloose" soundtrack.

6. You type all of your term papers on a Commodore 64 with a Diet Coke/Max Headroom screen saver.

5. You know it's "karma, karma, karma..." not, "comma, comma, comma..."

4. You wonder why more women don't wear high heels, Jordache jeans, and lacy ankle socks.

3. You know that girls just wanna have fuh-un, you can feel St. Elmo's fire burnin' in you and still listen to "We Are the World" on a 45 RPM vinyl.

2. You have to look in thrift shops to find a Sit-n-Spin and Speak&Spell for your kids.

and the number one way you know you're stuck in the eighties...

You still use your hair crimper and put on your jellies before going out on a hot date.

Prize winning guitarist performs at Valley

■ **Music**: 1992 first prize winner performs at Valley College and speaks to music students about 1995 world tour.

By JULIO CORTEZ
STAR REPORTER

The 1992 first prize winner of the prestigious Guitar Foundation of America international competition performed in the Campus Concert Series at Valley College on March 14.

"It doesn't matter if I play in front of big musical critiques or just college students."

-Jason Vieaux

Jason Vieaux, who became the youngest first prize winner in the history of the GFA at age nineteen, has released two compact discs. His third is scheduled to be released later this year.

Vieaux was a guest speaker in morning and afternoon music classes at Valley and performed in front of Valley College students and local residents in the Music Recital Hall that evening. At the concert, he played a set of Bagatelles from his third compact disc which features works by Fernando Sor.

His first two compact discs feature the Naxos label of 20th Century Latin American music and works by Bach, Ponce, Regondi and Brouwer.

The native New Yorker, who now lives in Cleveland, was named the Artistic Ambassador of the United States Information Agency in 1995.

Vieaux has not only performed at Valley College, he has performed in many parts of the world including Mexico and seven countries in Southeast Asia. He also did a 53-city tour throughout the United States and France. During the tour, Vieaux performed twice at Valley.

"It doesn't matter if I play in front of big musical critiques or just college students," Vieaux said. "I will perform for everybody. Just to see the reactions from the listeners."

A record is broken

Maria Ivey/ for the Valley Star

By MARIA IVEY
SPECIAL TO THE STAR

Left: Maria Alvarez breaks a Valley College and personal record of seven feet-two inches in the pole vault competition. She set the new record at seven feet-seven inches. She set the old record for Valley College. Bottom: Alvarez is congratulated by Christina Merrel and Coach "Tim" after breaking the record.

Baseball, to be continued...

■ Valley College and Glendale cancel 13-13 game because of darkness.

By MICHAEL ROCHE
STAR REPORTER

A game filled with excitement and suspense quickly ended when the home plate umpire called the 13-13 tied game between Valley College and Glendale on March 12 in the bottom of the eighth because of darkness.

"The umpire screwed up," said Coach Chris Johnson. "He said the wrong thing, he told [Glendale] it was going to be a suspended game, we'll finish the game when we play them here again in April."

Both Coach Johnson and Glendale Coach Barrett agreed to finish where they left off, playing the end on April 25.

"It was agreed upon by the head coach of Valley and myself, we'll make it up right where we left it off and play the end of it," said Coach Barrett.

Glendale, taking advantage of poor pitching, struck early in the first inning scoring seven runs.

"It was not very good, I'm not sure what happened" said Coach Johnson. "We just didn't pitch very well, I'm going to try and figure it out."

After scoring a run on a sacrifice fly, Valley added two more when Frank Diaz split the gap for a stand up double with two outs in the bottom of the first.

The Monarchs rally continued in the second when Glendale's short stop Freddy Sanchez mishandled Sigi Arroyo's infield shot scoring two runs.

Casey Roth added another on a sacrifice fly to right field and Steve Guerrero's solo homerun finally tied the game.

"I knew it was going to go, I hit it pretty good," said Guerrero.

"We let them back into the game," said Coach Barrett. "They're a good hitting club."

Julio Cortez/ Valley Star
Frank Diaz (#5) "high fives" Dylan Forman (#3) and Alonso Areola after a homerun.

Glendale scored two more in the third, highlighted by a John Campanella homer. Then another homerun in the fifth by Freddy Sanchez gave the visiting Vaquero's a three run lead.

Valley closed the gap to within one, scoring two runs in the fifth, then exploded for four runs in the sixth taking the lead for the first time 13-10.

"We got tough guys on the team, we fought back," said Coach Johnson.

Defensively, Monarchs left fielder Vic Palomare's threw out sliding Joel Morales at home plate, not only showing Palomares' arm strength, but also saved a run from scoring.

"I'm pretty confident in my arm," said Palomares. "I was just hoping I could get a good angle on it."

Three walks and an error helped give the Vaqueros a run in the top of the seventh.

Mike Bench's single in the eighth scored two more runs tying the game at 13. The game was called after the third out and it will continue in on the bottom of the eighth in April.

Students run L.A. Marathon

By ALEXIS SCALICE
STAR REPORTER

As the sun unexpectedly came up on Sunday March 29, so did over 19,711 pairs of legs, including those of 1,200 of Southern California students from the Students Run L.A. program, running the 13th Los Angeles Marathon.

Luis O. Vasquez/ Valley Star
Jessica Salazar (left), of Sylmar High School who participated through the Students Run L.A. program, finishes the marathon at 4:52:49.

However, despite the good weather in the later portion of the marathon, at the starting point, runners faced 49 degree temperatures, the coldest in L. A. Marathon history.

The fluorescent pink hats, shirts, and socks worn by SRLA members stood out in between all the other hats, sunglasses and numbers on thousands of chests which decorated the streets of Los Angeles as runners traveled 26.2 miles to the finish line on Flower and Fifth streets.

This was the ninth year for the Students Run LA, the program that gives students the chance to run in the marathon without paying the price participants are mandated to pay, $55 after March 15.

The program is equipped with 200 teachers that volunteer their time and run with the students.

Harry Shabazian, founder of Students run LA, proudly said that 95 percent of the runners finish the marathon, 98 percent who are high school seniors graduate and 60 percent of those go on to college.

"[Finishing the marathon] is an enormous asset for a student," William Burke, president of the Los Angeles Marathon, said. "That gives them confidence to do anything."

Participants began at 8:45 a.m. on Figueroa Street at Sixth Street, downtown ready and envisioning reaching the end destination in front of Maquire Garden Central Library.

Finishing at 2:11:21 was the men's winner from Tanzania, Zebedayo Bayo and in the women's division, crossing the line at 2:34:03 from Kenya was Lornah Kiplagat.

Kiplagat came in first for the second year in the row, yet this year the challenge was greater. Kiplagat was infected with the flu and a cold while competing and the cold morning made her conditions worse.

"I like to run in hotter temperatures," Kiplagat said. " It's the type of weather I train in."

The main sponsor for the third year in a row was Honda who donated two pairs of shoes to each member of the Students run LA program.

Honda was represented by a total of 70 runners and 50 bikers from Canada, USA and Mexico. Along with those participants, Honda was represented by three elite runners from Japan.

All Honda volunteers distributed water in Honda cups at the 14 mile mark on Third Street in Hancock Park.

"With all of the balloons on mile 14 and with a lot of people wearing our red shirts, people have accused us of having the most fun," said Eric Conn from Honda's National Advertising department.

"It's not hard for one to join the Students Run L.A. program," SRLA Executive Director, Marsha Charney, said. "The only thing needed is being interested in running."

Softball team is shining

■ With an overall record of 11-6, and conference record of 3-1, team is in second place, 11 games to go.

By JOHN TARR
STAR REPORTER

John Tarr/ Valley Star
A disciplined team shined in a 7-0 shutout against Moorpark when three runs scored off consecutive walks leading to a seven-run sixth inning March 12.

After a recent victory over long-time conference rival Pierce College, the women's softball team is on an emotional high.

At the beginning of the season the softball team underwent some coaching changes, resulting in the loss of five players, including three starters. The coaches and the players went to Pierce, which is why this recent victory carried so much weight, according to head coach Kodee Murray.

"The nucleus of the team left," Murray said. "This team has been through so much adversity, you know you can count on them, we've really pulled together."

Not only have they come together as a team, individual players are stepping up, according to Murray.

Freshman Gina Perez is pitching again since coming back from an auto accident.

Perez came off the DL and started pitching again after Sophomore Bonnie Lehigh was placed on the diabled list with a pinched nerve.

The next home game is Tuesday, April 7, against Santa Monica at 3:30 p.m.

Hollywood's Corner:

Training, it was all worthwhile

By JULIO CORTEZ
STAR REPORTER

Finishing the Los Angeles Marathon was tough, overcoming training obstacles was tougher.

I never thought that training for the marathon would help me that much.

I knew I was going to faster and stronger than last year, but I didn't know I was going to be that much better.

This year I increased my marathon time from last year by 1:07:39. I finished with a time of 4:16:57 after finishing it in 5:24:36 during my first try last year.

"All I have to say to all of you crazy drivers, El Nino and injured muscles is: 'I beat you'."

Though I trained hard, there was a lot of things that kept me from getting better.

Traffic, bad weather and injuries were obstacles I had to overcome while training for the marathon's 26.2 miles.

So all I have to say to all of you crazy drivers, El Nino and injured muscles is: "I beat you."

It was a challenge beating such walls but it was all worth while.

The biggest obstacle was traffic. I had a tight work-out schedule with going to school in the day and working at nights.

I would train anywhere and anytime I could. My favorite work-out sites were Van Nuys-Sherman Oaks park, Lake Hollywood, the hills behind neighboring Pierce College and the streets of Van Nuys and its surrounding areas.

Working out a these places was always fun, specially when running the streets. every time I worked out on the streets I had a different adventure. I had to pray that nothing bad would happen to me while running the streets because I often feared getting chased by a dog or getting ran over by inconsiderate drivers who don't know the meaning of the "right of way" law.

Though it was dangerous, I had to deal with it because it was most convenient to me because it was closest to home, school, work and like I said, it was fun.

Another training site was on the Bally's Total Fitness track. I was forced to run on that track the days when El Nino hit Southern California.

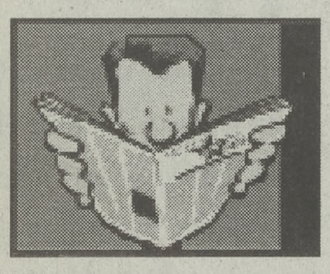
I had good work-outs there because it was inside the building, away from the rain, but it was boring because the track was small, eight laps to a mile, and I didn't do well in there because I was only breathing from the air conditioning.

Injuries were just a minor problem. I had to deal with an injured knee in December which kept me from training for three weeks.

Luis O. Vasquez/ Valley Star
"Poor cat. He wasn't careful."

It was hard overcoming all of this but it all paid off as I ran the marathon.

For more details on my marathon experience read the Crown Online Magazine through the Valley College web page at www.lavc.cc.ca.us, later this month.



Got Sports?
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